

food

A simple black stick figure stands to the right of the word 'food', with its right arm extended and hand pointing towards the letter 'd'. The letter 'd' is filled with a green circle, the letter 'o' with a yellow circle, and the letter 'o' with a red circle.

using traffic lights  
to make healthier choices

# Do you want to eat more healthily?

The Food Standards Agency has developed a traffic light label that gives you independent expert scientific dietary advice to help you make healthier choices quickly and easily.

Look for products with **green**, **amber** or **red** coloured labels on the front of the pack. These show you at a glance if the food you are thinking about buying has **low**, **medium** or **high** amounts of fat, saturated fat, sugars and salt, helping you get a better balance.

**“Healthy eating is all about getting the overall balance right.”**



# What the colours mean:



means **HIGH**

*indicating that the food is **high** in fat, sugars or salt*

***It's fine to eat this food occasionally or as a treat, but think about how often you choose it and how much of it you eat.***



means **MEDIUM**

*making it an **OK** choice*

***Although going for green is even better!***



means it's **LOW**

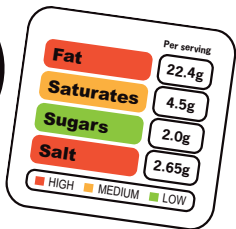
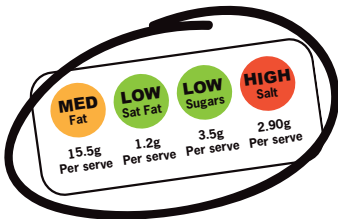
***Which makes it a **healthier** choice.***





# What if the traffic light panel has all three colours?

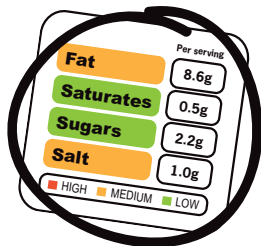
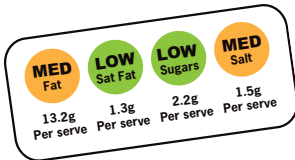
For a healthier choice try to pick products with more **greens** and **ambers** and fewer **reds**.





# What if 2 products have similar colours?

Traffic light labels also tell you the amount of fat, saturated fat, sugars and salt in a portion. To help you make a healthier choice, you can compare these figures and choose the one which is lower.





Look out for traffic light labels on processed convenience foods such as pizzas, ready meals, pies, burgers, sausages, sandwiches and breakfast cereals.

Although the traffic light label designs may look different, you can still compare these foods because the companies are all using the Food Standards Agency guidelines.

So when, for example, you are deciding between two pizzas, check out the colours to make a healthier choice.





The list of companies using traffic lights is growing all the time. For more information on the scheme, including an up-to-date list of who is using it on their labels, go to:

**[eatwell.gov.uk/trafficlights](https://eatwell.gov.uk/trafficlights)**



If your shopping doesn't have traffic light colours you can still tell the levels by using this handy card. Remember the label shows you the amount of total sugars, so although some products may be high for sugars they can be healthier choices if they contain lots of fruit. You can tell by checking the ingredients list.

## Check how much fat, sugar and salt is in your food



Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

### Food Shopping Card

	Sugars	Fat	Saturates	Salt
What is <b>HIGH</b> per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is <b>MEDIUM</b> per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is <b>LOW</b> per100g	5g and below	3g and below	1.5g and below	0.3g and below

